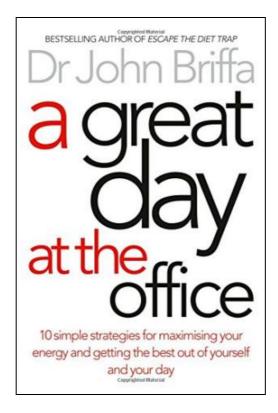
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(Luciano Von III)

A GREAT DAY AT THE OFFICE: 10 SIMPLE STRATEGIES FOR MAXIMISING YOUR ENERGY AND GETTING THE BEST OUT OF YOURSELF AND YOUR DAY (PAPERBACK)



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HarperCollins Publishers, United Kingdom, 2015. Paperback. Condition: New. Language: English. Brand New Book. Dreading work? Tired of a 9 to 5 that s more like an 8 to 10? Feeling overwhelmed by your job? A Great Day at the Office offers practical solutions to the challenges of modern-day business life for a healthier, happier and more productive time at the office and away. For almost two decades, Dr John Briffa has worked with a wide range of organisations, both in the UK and abroad, to inspire literally thousands of people to live and work more healthily, effectively and sustainably. His techniques have proven, time and again, that small changes to your lifestyle will recharge your batteries and boost your performance and productivity. Areas he will cover include: diet, hydration, the amount of alcohol you drink, and the relation these bear to your quantity and quality of sleep. Many of his solutions go against conventional wisdom, but are based on the most recent and cutting-edge studies.

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